



Mental Health Disorder

(Tib -e- Ahlebait and a
Natural Diet Plan)

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Mental Health Disorders: Cure with Tib -e- Ahlebait and a Natural Diet Plan

anxiety, depression, stress, and schizophrenia—

Quince



Imam Baqir (as): The quince fruit removes sorrow/depression just like when a man removes sweat from his forehead with his hand. (Usool e Kafi vol 6 p. 308)

The Holy Prophet (saw) has also said eat quince it makes the heart strong and makes the coward brave. (Al Mahasan p 549)

Imam Ali (a.s) has said eating quince is the strength of the heart and it is the life of the heart, makes the weak hearted brave it cleans the stomach, makes the heart fresh and makes the coward strong. Women who eat this give birth to beautiful children. (Tofa Al-Aqool p 101 , Sadiq Imam, Musawa 9 p. 713)

The Holy Prophet (peace and blessings of Allah be upon him) said eating quince as it has three features:

1. It gives peace to the heart.
2. Makes a miser person generous.
3. Makes the person brave.

(Al Khasal vol 1 p 157)

The Holy Prophet (peace and blessings of Allah be upon him) was very fond of quince. He used to say that eating quince cures the person of heart burns, and relieves the tightness of the chest.

(Makaram Al-Akhlaq Volume 1, page 246)

The Prophet (peace and blessings of Allah be upon him) said, O Ali, eat quince as it's a gift from Allah for you and me. I feel all kinds of pleasure in it.

He who eats quince for three days will clean the mind and will be filled with knowledge and wisdom and that he will be kept safe from the devil and the army of shaitan.

(Ayun Akhbar al-Reza Vol. 2 p. 160, Bihar al-Anwar Vol. 66 p. 167)

The Holy Prophet (peace and blessings of Allah be upon him) said Eat quince, as it relieves the heart burns and relieves chest tightness and darkness. Eat quince as it increases the brain capacity and removes the burden from the chest.

(Makaram al-Akhlaq, al-Tabarsi, p. 17)

Walnut



Imam Ali Raza (as) said:

One, who has severe abdominal pain or spasms, should take a walnut with its other cover, heat it and eat it while still warm. This remedy helps in all types of heartaches, headaches, migraines even can cure ten-year-old headaches. (Tib_Al-Aima's medicine p 101)

Pomegranate



The Prophet (peace be upon him) said that pomegranate juice cleans the inner part of the body.(Prophetic medicine p. 2)

Imam Ali (as.) said "Eat pomegranate gives life to the heart and soul." Reforms and removes evil spirits.(Bihar Al-Anwar Vol. 66, p. 156)

Imam Ali (as) says that whoever eats pomegranate on Friday Allah will enlighten his heart for forty days if he eats two his heart will be enlightened for one hundred and twenty days, and if he eats three, the heart will be then enlightened for one hundred days and on the same day, he will be saved from the evil whispers of the devil.(Misbah Al-Mujtaid - Sheikh Al-Tusi - Page 287)

Imam Jafar Sadiq (a.s) says that whoever eats pomegranate on an empty stomach (in the morning).His heart will be illuminated for forty days.

Al-Kafi, Volume 6, Page 354, Hadith 11, Al-Mahasan, Volume 2

Page 357, Hadith 2240 Both by Hisham bin Salim, Bihar

Al-Anwar, Volume 66, Page 161, Hadith 35, Encyclopedia of Ahadith

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The Holy Prophet said: whoever eats a whole pomegranate, Allah will heal his heart for forty nights and his heart will light up.

(Makaram al-Akhlaq, Volume 1, Page 371, Hadith 1224.

Bihar al-Anwar, Volume 66, Page 165, Hadith 50, Knowledge of Ahadith 308 / Medicine: 2)S

Imam Ali Raza (a.s) says:

Apple



Imam Jafar Sadiq (a.s.) says: Eat apples as it reduces body heat, cures hemorrhage and prevents and cures fever from occurring from time to time.

(Tib e Aimmah)

Imam Jafar Sadiq (a.s.) said that there is something better for the heart than an apple. Apple purifies the heart. (Al-Mahasan, vol. 2, p. 36)

Imam Baqir (a.s.) said whenever you eat an apple, smell it as it takes out all pain and diseases from the body and the spirituality of man becomes strong.

(Bihar al-Anwar, vol. 66, p. 175)

Imam Jafar Sadiq (a.s) said: if people knew the benefits of eating apple then they would treat their sick with apples instead of medicines and they wouldn't give the sick anything else. Apples are especially good for the heart. It is the ultimate thing and the cause of purifying the heart.

(Tib e Aimmah Bustam, page 135, on the authority of Muhammad bin Muslim, was 53. Al-Kafi, Volume 6, page 357, Hadith 10, Al-Mahasan, Volume 2, page 368, Hadith 2286)

Raisins

The Holy Prophet (PBUH) said that whoever eats twenty-one raisins early in the morning will be free and saved from all diseases (Dua'im al-Islam. Vol. 2, p. 148, Lakafi, vol. 6, p. 30)
Imam Ali Raza (a.s) said: Raisins invigorate the spirit and ward off disease, and extinguishes the heat of the body and refreshes the soul." (Bihar al-Anwar, vol. 63, p. 152)



The Holy Prophet (PBUH) said eat raisins it removes phlegm from the body, strengthens the nerves It also removes weakness, improves morals, refreshes the soul and relieves sorrows.(
Bihar al-Anwar, vol. 66, p. 15)

Imam Ali (a.s) said eat raisins as it corrects the liver and removes phlegm. (Adaab al-Mu'talameen p. 111)

The Holy Prophet (peace and blessings of Allah be upon him) said eat raisins because raisins reduce bile and extinguishes the blackness and eats phlegm and makes the body healthy. Improves morals and strengthens the nerves and disease.(
Makaram al-Akhlaq, Tabarsi, 17)

The Holy Prophet (peace and blessings of Allah be upon him) said Eat raisins in the name of Allah. This will strengthen the nerves, remove disease and quench anger. Raisin eliminates

bile, pleases Allah, and helps remove phlegm. Makes the mouth fragrant and makes the complexion beautiful.

(Al-Ikhtasas, Shaykh Mufid, p. 124)

The Holy Prophet (PBUH) said eat raisin because it cleanses the stomach and removes phlegm. It strengthens the nerves and relieves fatigue. Raisins help improve morals and make the heart happy and remove anger and sadness.(Al-Khasal, Sheikh Saduq, p. 344)

Black Grapes



Imam Jafar Sadiq (a.s) said that once He complained of grief to God. God sent a revelation saying eat Black grapes as it will dispel sorrow. (Makaram-ul-Akhlaq, Vol. 1, p. 249)

The Holy Prophet (PBUH) said eat grapes with seeds as it is a blessing.

(Bihar al-Anwar, vol. 66, p. 123, h 1)

It is narrated from Imam Jafar Sadiq (A.S.) that the Prophets complained to God Almighty about their anger So God Almighty revealed that eat grapes. (Usool Kafi vol. 6, p. 351)

Imam Jafir Sadiq a.s said:

"when the water subsided and dead bodies appeared, prophet Noah felt so sad and upset. eat (black) grapes to cure his depression.

(Al-Kafi, vol.6, page 351)

Pumpkin



The Prophet said to Ali (a.s): Eat pumpkin. It fills the sad heart with joy and happiness.

Eat pumpkin. Whoever eats pumpkin, his face becomes beautiful hand radiant.

Pumpkin is my diet and that of the prophets before me. Pumpkin increases the intellectual power.(Tib ul Aima p 142)

The Prophet(PBUH) says. Ya Ali eat more pumpkin and wisdom will increase.(Tazib e Al Muhmmad p 105)

The Prophet said: "Eat more pumpkin. If there was something lighter than it, God would have brought it to Hazrat (peace be upon him). Whenever a person Younis a.s should add more pumpkin to it. prepares soup, it increases mental strength." It happens and the intellect increases. The person who eats pumpkin with lentil .His heart will be soft... it also increases the

sexual power. Among the handis, the Prophet liked the pumpkin handi the most.

(Makarem al-Akhlaq, volume 1, page 383, hadees 1283 of Imam al-Hussein, , Bihar al-Anwar, volume 66, page 228, hadith 16; Al-Fardous, volume 3, page 244, hadith 4719 on Imam al-Hasan (peace be upon him), Kunz al-Ammal, volume 15, page 280, hadith 40990, encyclopedia of medical hadiths: 2 / 426)

Pumpkin with Lentil



It is narrated from Imam Jafar Sadiq (a.s) that the Messenger of Allah (Peace be upon him) said: Whoever eats pumpkin with lentils, his heart becomes soft in the remembrance of Allah and his strength increases.

(Baharul anwar, alama majlisi V.66P. 228)

Hazrat Ali (PBUH) says that pumpkin refreshes the heart and removes sadness.(Bihar al-Anwar, Allama Majlisi, vol. 112, p. 229,)

Broad beans

Imam Jafar Sadiq (a.s) says. By eating broad beans, the calves (inner) are strengthened. It increases mental power. and produces new blood.



(Al-Kafi, Volume 6, page 344, Hadith 1, Al-Mahasan, Volume 2, page 309, Hadith 2028, and it is not in it "Al-Tari" and both by Muhammad bin Abdullah, Makarim al-Akhlaq, Volume 1, page 397, Hadith 1348..., Bihar al-Anwar, Volume 66, Page 266, Hadith 3 Encyclopaedia of Medical Hadiths: 1/242)

Thyme

Imam Jafar Sadiq (a.s) says: thyme is for Stomach odor And soothing and deodorizing and When Saatr (thyme) and salt is added, it treats palpitations , open the blockages, It burns phlegm, perfumes the mouth, softens the stomach and removes bad breath.



(Miraat al-Aqool fi Sharh Akhbar Al-Ar-Rasoul Volume 22, p. 222 Makarem al-Akhlaq, Volume 1, page 416)

Imam Musa Kazim (a.s) says. It is like silk for the stomach

(Daneshnameh Hadith Medicine, vol. 1, p. 431)

Imam Ali Raza (a.s) says, "Eat Thyme removes phlegm from the stomach and stimulates the stomach secretions, increases the mind, and improves the digestion of food.(Makaram-ul-Akhlaq p. 194)

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The Holy Prophet (peace and blessings of Allah be upon him) used to grind thyme, celery (ajwain) and kalonji. (Grind the three things without kalonji). So they used to add salt. And he used to start his meal with this mixture and used to say: When I eat this flour, I have no fear of what I have eaten.

It removes phlegm and protects against paralysis, Digests food.. (Makaram al-Akhlaq p. 137)

Imam Jafar Sadiq says: That is, there are four things that give light to the eyes and are beneficial and not harmful from He said: thyme, salt, black seeds and walnuts. Expels stomach gas, opens blockages, (includes all obstructions in blocked passage, including veins and ureters, liver ducts, etc.), relieves pain, burns phlegm and is diuretic, and deodorizes the mouth. It softens the stomach and relieves inflammation of the mouth and strengthens the penis. (Makaram-ul-Akhlaq p.191)

Basil



Imam Jafar Sadiq (a.s) says. basil has eight properties. Digests food, opens veins and ducts, makes breath fragrant, increases appetite, removes body odor and makes the body fragrant, removes pain from the body. protects from disease, protects from leprosy, eliminates all diseases of the stomach of person.

(Usool Kafi, Vol. 6, p. 351, Vol. 6, p. 364, h. 4, Makaram al-Akhlaq, vol. 1, p. 388, h. 1309. Similarly, Bihar al-Anwar, vol. 66, p. 215, h13.)

Imam Baqir (a.s.) says. Basil heals pain and its roots are in Paradise,

(Muhasan, Vol. 2, p. 514).

Parsley



Prophet says. Eat parsley. This is the food of Hazrat Ilyas as, Yussa as and Yushua bin Nun as.

(Asool e kafi, vol. 6, p. 366, chapter al-Karfs, h 1.)

Celery



The Prophet says: You should eat celery, because it is the food of Hazrat Ilyas (as), Hazrat Jesus (as) and Hazrat Joshua Bin Noon (as). It strengthens and purifies the heart. Treats Jazam, Bars and devangi (insanity) and increase memory. It is also useful for mental health.

(Bihar al-Anwar, vol. 63, p. 239)

The Prophet says, Celery increases the intellect.

(Tib e nabwi p. 11, Bihar Anwar, Vol.62, p. 300.)

Beetroot Leaves

Imam Ali Reza said beetroot leaves grows on the edge of Paradise. Grows the bones, strengthens the flesh, increases the intellect, purifies the blood.(Al-Wasal al-Shia, Vol. 17, pp. 117, 118)



Imam Baqir (a.s) says: The people of Bani Israel were afflicted with the skin disease white spot(Vitiligo/ pissy). God said. Cook the beetroot and eat it with beef,

TabehardahMasoom,Muhammad Mahdi Taj Langroodi, p. 14, in Asool e Kafi,p. 6,

Imam Ali Reza (a.s) says: How good is the vegetable of beetroot leaves. It grows on the banks of the river in Paradise, it is a cure for all diseases, it strengthens the nerves, increases the blood and thickens the bones.

(Biharal-Anwar, Majlisi, vol. 59, p. 285.)

Imam Jafar Sadiq (a.s) says: "Feed beetroot leaves to your patients, because there is a cure for any disease in it . The

patient gets a restful sleep, but does not use its root. It increases melancholic temperament. (Al Mohasain vol 2 p 626)

Imam Ali Reza (a.s) says. Beetroot leaves increase the intellect and it cleans

the blood.(Al-Mahasan, Vol. 2, p. 327, H. 2110, Bihar Anwar, Vol. 66, P. 217, H. 7.)

Imam Ali Reza (a.s) says: How good is the vegetable of beetroot leaves. It grows on the banks of the river in paradise. It is a cure for all diseases; it strengthens the nerves, calms the heat of the blood and makes the bones thick.

Imam Reza (a.s)

Give your patients beetroot (leaves), for it is a cure and does not cause any disease. There are no complications in beetroot. It improves the patient's sleep, but avoids the beet root itself, for it arouses soda.

Al-Kafi, vol.6, p.369, h4,Encyclopaedia of Medical Hadiths, Vol. 2, p. 364

Imam Musa Kazim (AS) says: Beetroot leaves cure leprosy and beetroot in pleurisy. There is no food better than beetroot leaves.

(Kafi, vol. 6, p. 369, h. 1, Al-Mahasan, vol. 2, p. 326, h. 2105, Makaram al-Akhlaq, vol. 1, p. 392, h. 1325, Bihar al-Anwar, vol.66, p. 216, h. 2.)

Purslane



Imam Jafar Sadiq (a.s) says: Purslane is the most beneficial vegetable. There is no herb (plant) on the surface of the earth that is more virtuous and profitable than Qalfa. This is the vegetable of Fatima al-Zahra, (Mantahi al-Amal, vol. 1.)

The Prophet says If there is one thing that increases the intellect, it is purslane.

(Makarim bin Hamad 234, 2094. Al-Mahasan, vol. 2, p. 323, All-Akhlaq, Vol. 1, p. 390, H 1314, and "Fahi al-Muqaisa" and by Imam al-Sadiq, peace be upon him, Bihar al-Anwar, vol. 66, p.H3.) Furat Ibn Ahnaf says: I heard Aba Abdillah [al-Sadiq (a.s)] saying: There is no plant on the face of the earth more sacred and more useful than al-farfakh (Purslane), and it is the vegetable of Hazrat Fatima (a.s)

Ahmad bin Muhammad Al-Barqi in his al-Mahasin [v.2, p. 323] narrates a tradition from the Holy Prophet (s) as follows: Imam Jafar Sadiq as said:

The vegetable of Hazrat Rasool Allah (a.s) is chicory, the vegetable of Hazrat Ali as is badranjabiyya(Lemon balm)and the

vegetable of Hazrat Fatima as is khurfa(Purslanes).(Al-Kafi, vol. 6, p. 363.)

The Holy Prophet (PBUH) says! Purslanes is cure for 99 diseases (Al-Dawaat, p. 155, H. 421)

Harmal



The Prophet (peace be upon him) says: On each grain of Harmal (peganum,harmal) , one angel was appointed by God So that he watches over it until it withers, because every fiber and branch of it is magic and removes grief. It is a cure for seventy diseases. (Makaram-ul-Akhlaq p. 186)

The Holy Prophet says. There is a secret hidden in the root and branches of Harmal and its seeds are the cure for sevety two diseases. So treat yourself with it. (Tib a aimmah p. 85)

Imam Ali (a.s) says: Angels are appointed on each branch of the Haramal to protect it. Until It does not dry up. It does not reach anyone Angels protect it. Its root is vitality and in its branches there is a cure for seventy types of diseases.(Dua'im al-Islam, Volume 2, page 150, Hadith 535, Al-Jaafariyat,page 244)

Imam Jafar Sadiq (A.S.) says: Satan also goes seventy houses away from the house in Which Harmal smoke is and it cures

seventy types of diseases, in which The top is leprosy. So don't take it away from you. (Bihar al-Anwar, J. 62, p. 232)

Imam Jafar Sadiq (A.S.) says, "The house in which there is Harmal (peganum harmala), the devil runs away from seventy houses, and Harmal (peganum harmala) is a cure for seventy diseases." (Haliya al-Mutaqeen p. 238)

A prophet complained to God about the cowardice of his Ummah. God said, instruct your Ummah to eat Harmal (peganum harmala), eating it is a source of courage. (Haliya al-Mutaqeen p. 2)

Black Seed(Kulnji)



Imam Jafar Sadiq (AS) says:Use honey and kalonji in breakfast. It is a cure for all diseases. It has all the properties. Beneficial for moods. Whether hot or cold. It is healing. (A spoonful of honey

and seven or nine Or use 11 or 21 grains of kalonji.(tib Al aimah p.1)

A person complained to the Prophet of stomach pain, He said, put three or seven or nine grains of kalonji in a spoonful of honey and eat it. (Jafariyat, Ibn Ash'ath, p. 244)

A person complained to Imam Jafar Sadiq about (sounds coming from the stomach).He said use kalonji and honey.(Tib al aimmah p. 68)

A person complained to Imam Jafar Sadiq about hardness (burning etc.) in urine.He said eat Kalonji at the end of the night. (Makaram-ul-Akhlaq p. 186)

Natural Salt



The Prophet (PBUH) say: O Ali, eat salt before eating, because salt is a cure for seventy diseases. Among them are madness, leprosy, psoriasis, sore throat, toothache and stomachache Included. (Al-Mahasan V.2 p. 593)

Imam Jafar Sadiq (peace be upon him). The world consists of three things: fire,salt and water.(Tahaf-ul-Aqool/p. 321)

Allah revealed to Hazrat Musa (peace be upon him) and said: Command your people to start their diet with salt and end it with salt. If you do not follow this order, do not blame anyone except yourself.

(Al-Mahasan, Vol. 2, p. 592.)

However, salt that we have been using since the time of Hazrat Adam (a.s) until a few years ago and it is the physical salt of sea and rock. It is a pity that it was forbidden and nowadays most of the people are getting sick. Because it was said to consume salt harmful instead, it cures diseases.

Hazrat Imam Jafar Sadiq (A.S): Whoever puts salt on the first bite of food, the shadows on his face will disappear. (Al-Mahasan, Vol. 2, p. 594)

On the authority of Abi Jafar (a.s), he said: In al-Malh, there is healing from seven types of ailments with salt. Then he said: Let the people know what you do not know.

Hazrat Imam Baqir (a.s.) salt cures seventy types of pain. If people knew about the benefits and effects of salt, they would not treat it with anything other than salt. (Al-Kafi/v 6/Bab Fazl Al-Mulh/p. 325)

Imam Jafar Sadiq (a.s.) says: Cow's milk is medicine, its butter is healing and its meat is disease. (Al-Faroo, Wasil al-Shia, vol. 17, p. 53)

Imam Ali a.s says: the chicken's meat among the bird's is like pig's meat.

(Al-mahasin)

Massaging OIL



Imam Jafar Sadiq a.s says: By massaging oil at night The oil penetrates the veins, softens the skin and whitens the face.(Usool e kafi vol.6 p.519)

Imam Ali (A.S) says: Applying oil softens the skin and increases the power of the mind.It facilitates the release of sebum from the pores, removes hardness and improves complexion.(Usool e Kafi vol.6 p.517)

Imam Ali (peace be upon him) says. The face becomes beautiful by applying oil on the body, and the mind become strong, intellect increases, pores open, skin's hardness and dullness disappear, and the face becomes radiant. (Haliya Al-Mutazeen p. 168) Imam Jafar Sadiq (a.s.) says: Eat olives, it removes dryness of the throat, removes phlegm, strengthens the joints. Removes disease and misery. Improves morals, purifies the soul. Dispels anger. Ayun Akhbar Al-Reza Vol. 2 p. 35

Imam Jafar Sadiq (a.s.) says.Olive strengthens the waist. (Al-Kafi, Volume 6, page 332)

Imam Jafar Sadiq (a.s) says. Olive increases sexual potency and expels gas (Tib ul aimma p. 79)

The Prophet (peace be upon him) bequeathed to Ali, O Ali, eat olive oil and apply it on your head as well whoever will do so. Shaitan will not stray near him for forty days.

Imam Ali (a.s.) says: It is warm in winter and cold in summer
Makaram al-Akhlaq vol. 2 p. 76

Imam Ali Reza (A.S) says. The best food is olive oil. It makes the mouth fragrant. Refines the color. Eliminates phlegm and quenches anger. (Makaram Al-Akhlaq Vol. 1 p. 270)

Lentil(Masoor)



Prophet (pbuh) says: Olive is the best food. It removes bile, expels phlegm, strengthens the lungs, removes weakness, strengthens the body, makes the breath fragrant and removes grief. (Mustardak al- Wasail wa Mustanbat al-Masail, vol. 16, p. 365)

The Messenger of Allah, may God bless him and grant him peace, said: O Ali, I advise you to eat Masoor dal, because it is blessed and pure, softens the heart and increases tears, and seventy prophets used it constantly. (Al-Zirah Al-Shia Vol. 25, p. 129, h 31414)

A prophet of Bani Israel complained to God Almighty about the hardness of his heart and the lack of tears, so God revealed to him: "Eat the lentil of the lentil". When he ate dal, his heart became soft, and his eyes shed tears.

(Al-Mahasan, Al-Birqi, Vol. 2, p. 504)

Imam Ali Reza (A.S.) says: Eat Masoor lentils. It is blessed and pure, it softens the heart and brings tears to the eyes.

(Ayun Akhbar, vol. 2, p. 41, Makarim, p. 215, Sahifa al-Reza, p. 25, Bihar, vol. 62, p. 257.) Imam Jafar Sadiq says. The sato of Masoor quenches thirst. Gives strength to the stomach. It cures seventy diseases. By eliminating bile. It cools the stomach. . If the menstruation is not ending, it would end. (Al-Kafi V6 p.840) A person came to Imam Baqir (A.S.) and said, "One of our girls is bleeding (menstruation) continuously. Until she was close to death, the Imam ordered her to eat a sato of lentil and she ate it." And she got better (Al-Kafi, Killini, Vol. 6, p. 307, i Islamiyyah.)

Talbinah



(porridge made from barley flour)

Imam Jafar Sadiq (peace be upon him) says: Talbinah wipes away sorrow from a sorrowful heart, just as fingers wipe sweat the forehead (Al-Mahasan, vol. 2, p. 171)

جنون

Madness

Before birth Cause of Madness

Imam Reza (peace be upon him) said: "Intercourse after intercourse, without performing a ritual bath in between, leads to the madness of the child."

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ: يُكْرَهُ لِلرَّجُلِ أَنْ يَغْشَى الْمَرْأَةَ وَقَدْ احْتَلَمَ، حَتَّى يَغْتَسِلَ مِنْ احْتِلَامِهِ الَّذِي رَأَى؛ فَإِنْ فَعَلَ وَخَرَجَ الْوَلَدُ مَجْنُونًا فَلَا يَلُومَنَّ إِلَّا نَفْسَهُ.

- Tahrir al-Ahkam, volume 7, page 412, hadith 1646, narrated by Muhammad ibn al-Ayas from Imam Sadiq (peace be upon him).

- Kitab Man La Yahduruhu al-Faqih, volume 3, page 557, hadith 4914.

- Al-Khisal, page 520, hadith 9.

- Amali al-Saduq, page 378, hadith 4.

The Messenger of Allah (peace be upon him and his family) said: "It is disliked for a man to have intercourse with his wife after having a nocturnal emission unless he has performed a ritual bath from it. If he does so and the child is born mad, he should only blame himself."

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ: يُكْرَهُ لِلرَّجُلِ أَنْ يَغْشَى الْمَرْأَةَ وَقَدْ احْتَلَمَ، حَتَّى يَغْتَسِلَ مِنْ احْتِلَامِهِ الَّذِي رَأَى؛ فَإِنْ فَعَلَ وَخَرَجَ الْوَلَدُ مَجْنُونًا، فَلَا يَلُومَنَّ إِلَّا نَفْسَهُ.

Tahrir al-Ahkam, volume 7, page 412, hadith 1646, narrated by Muhammad ibn al-Ayas from Imam Sadiq (peace be upon him).

Kitab Man La Yahduruhu al-Faqih, volume 3, page 557, hadith 4914.

Our master and lord Imam Kazim (peace be upon him) said:
"Apples are beneficial for several things: poison, magic, madness caused by jinn, and excessive phlegm. Nothing is quicker in its benefits than this."

قَالَ سَيِّدُنَا وَمَوْلَانَا الْإِمَامُ الْكَاسِمُ صَلَوَاتُ اللَّهِ عَلَيْهِ: التُّفَّاحُ يَنْفَعُ مِنْ خِصَالٍ عِدَّةٍ: مِنَ السَّمِّ، وَالسِّحْرِ، وَاللَّمَمِ يَعْرِضُ مِنْ أَهْلِ الْأَرْضِ، وَالبَلْغَمِ الْغَالِبِ، وَلَيْسَ شَيْءٌ أَسْرَعَ مِنْهُ مَنَفَعَهُ.

Sources:

- Al-Kafi, volume 6, page 355, hadith 2.
- Al-Mahasn, volume 2, page 370, hadith 2293 (with "shifa" instead of "yanfa").
- Makarim al-Akhlaq, volume 1, page 375, hadith 1249 from Imam Reza (peace be upon him).
- Bihar al-Anwar, volume 66, page 174, hadith 29.
- Al-Khisal, page 520, hadith 9.
- Amali al-Saduq, page 378, hadith 478.
- Makarim al-Akhlaq, volume 1, page 459, hadith 1556.
- Bihar al-Anwar, volume 103, page 283, hadith 3.

The Messenger of Allah (peace be upon him and his family) said: "Marriage is my tradition. Seek to have children, for I will

boast of you to other nations on the Day of Judgment. Be cautious with the milk of immoral women and mad women for your children, for milk is contagious."

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ: مِنْ سُنَّتِي التَّزْوِيجُ، وَاطْلُبُوا الْوَلَدَ؛ فَإِنِّي أَكْثَرُ بِكُمْ
الْأَمَمَ غَدًا. وَتَوَقَّوْا عَلَى أَوْلَادِكُمْ لَبَنَ الْبَغِيِّ مِنَ النِّسَاءِ، وَالْمَجْنُونَةِ؛ فَإِنَّ اللَّبَنَ يُعْدَى

- Al-Khisal, page 614, hadith 10, narrated by Abu Basir and Muhammad ibn Muslim from Imam Sadiq (peace be upon him) and his ancestors.

- Tuhaf al-Uqul, page 105.

- Makarim al-Akhlaq, volume 1, page 479, hadith 1655 (without the introduction).

- Bihar al-Anwar, volume 103, page 323, hadith 9.

The Messenger of Allah (peace be upon him and his family) in his advice to Imam Ali (peace be upon him) said: "O Ali, do not have intercourse with your wife at the beginning, middle, or end of the month, for madness, leprosy, and mental disorders quickly affect her and her child."

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ فِي وَصَايَاهُ لِلْإِمَامِ عَلِيِّ صَلَوَاتُ اللَّهِ عَلَيْهِ: يَا عَلِيُّ، لَا تُجَامِعِ
امْرَأَتَكَ فِي أَوَّلِ الشَّهْرِ وَسَطِهِ وَآخِرِهِ؛ فَإِنَّ الْجُنُونَ وَالْجُذَامَ وَالْخَبَلَ لَيُسْرِعُ إِلَيْهَا وَإِلَى
وَلَدِهَا.

Sources:

- Kitab Man La Yahduruhu al-Faqih, volume 3, page 552, hadith 4899.
- Al-Ilal al-Sharai, page 515, hadith 5.
- Amali al-Saduq, page 663, hadith 896, all narrated by Abu Sa'id al-Khudri.
- Bihar al-Anwar, volume 103, page 281, hadith 1.

The Messenger of Allah (peace be upon him and his family) in his advice to Imam Ali (peace be upon him) said: "O Ali, begin your meal with salt and end it with salt. For whoever begins and ends his meal with salt will be protected from seventy-two types of calamities, including leprosy, madness, and vitiligo."

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ فِي وَصَايَاهُ لِلْإِمَامِ عَلِيِّ صَلَوَاتُ اللَّهِ عَلَيْهِ: يَا عَلِيُّ، افْتَتِحْ طَعَامَكَ بِالْمِلْحِ وَاخْتِمِ بِالْمِلْحِ؛ فَإِنَّ مَنْ افْتَتَحَ طَعَامَهُ بِالْمِلْحِ وَخَتَمَ بِالْمِلْحِ عُوِيَ مِنْ اثْنَيْنِ وَ سَبْعِينَ نَوْعاً مِنْ أَنْوَاعِ الْبَلَاءِ، مِنْهُ الْجُذَامُ، وَالْجُنُونُ، وَالْبَرَصُ.

Sources:

- Al-Kafi, volume 6, page 326, hadith 2.
- Al-Mahasin, volume 2, page 424, hadith 2486, both narrated by Hisham ibn Salim from Imam Sadiq (peace be upon him).
- Bihar al-Anwar, volume 66, page 398, hadith 18.

The Messenger of Allah (peace be upon him and his family) said: "Smell the narcissus flower, even if only once a day, once a week, once a month, once a year, or even just once in your

lifetime. For there is a seed of madness, leprosy, and vitiligo in the heart, and smelling the narcissus drives it away."

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ: شُمُّوا النَّرَجِسَ وَلَوْ فِي الْيَوْمِ مَرَّةً، وَلَوْ فِي الْأُسْبُوعِ مَرَّةً، وَ
لَوْ فِي الشَّهْرِ مَرَّةً، وَلَوْ فِي السَّنَةِ مَرَّةً، وَلَوْ فِي الدَّهْرِ مَرَّةً؛ فَإِنَّ فِي الْقَلْبِ حَبَّةً مِنَ الْجُنُونِ وَ
الْجُذَامِ وَالْبَرَصِ وَشِبْهُ يَدْفَعُهَا.

Sources:

- Tibb al-Nabiyy, page 10.
- Bihar al-Anwar, volume 62, page 299.

Imam Sadiq (peace be upon him) said: "Take from your armpits and nails every Friday. If there is nothing to cut, rub them, and you will not be afflicted by madness, leprosy, or vitiligo."

قَالَ سَيِّدُنَا وَمَوْلَانَا الْإِمَامُ صَادِقٌ صَلَّى اللَّهُ عَلَيْهِ: خُذْ مِنْ شَارِبِكَ وَأَظْفَارِكَ فِي كُلِّ جُمُعَةٍ؛
فَإِنْ لَمْ يَكُنْ فِيهَا شَيْءٌ فَحُكَّهَا لَا يُصِيبُكَ جُنُونٌ وَلَا جُذَامٌ وَلَا بَرَصٌ.

Sources:

- Al-Kafi, vol. 6, p. 490, hadith 3.
- Tahdhib al-Ahkam, vol. 3, p. 237, hadith 628 (with "فزكها" instead of "فحكها").
- Makarim al-Akhlaq, vol. 1, p. 152, hadith 398.
- Bihar al-Anwar, vol. 76, p. 122, hadith 12

NAIL



Imam Sadiq (peace be upon him) said: "Take from your armpits and nails every Friday. If there is nothing to cut, rub them, and you will not be afflicted by madness, leprosy, or vitiligo."

قال سَيِّدُنَا وَمَوْلَانَا الْإِمَامُ صَادِقٌ صَلَوَاتُ اللَّهِ عَلَيْهِ: خُذْ مِنْ شَارِبِكَ وَأَظْفَارِكَ فِي كُلِّ جُمُعَةٍ؛
فَإِنْ لَمْ يَكُنْ فِيهَا شَيْءٌ فَحَكَّهَا لَا يُصِيبُكَ جُنُونٌ وَلَا جُذَامٌ وَلَا بَرَصٌ.

Sources:

- Al-Kafi, vol. 6, p. 490, hadith 3.
- Tahdhib al-Ahkam, vol. 3, p. 237, hadith 628 (with "فزكها" instead of "فحكها").
- Makarim al-Akhlaq, vol. 1, p. 152, hadith 398.
- Bihar al-Anwar, vol. 76, p. 122, hadith 12

Start meal with Salt

The Prophet Muhammad (peace be upon him and his family) said: "Allah, the Mighty and Majestic, revealed to Moses ibn Imran: 'Start your meal with salt and end it with salt, for in salt there is a cure for seventy ailments, the least of which are madness, leprosy, vitiligo, throat pain, toothache, and stomach ache.'"



قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ: إِنَّ اللَّهَ عَزَّ وَجَلَّ أَوْحَى إِلَى مُوسَى بْنِ عِمْرَانَ أَنْ ابْدَأُ
بِالْمِلْحِ وَاخْتِمُ بِالْمِلْحِ؛ فَإِنَّ فِي الْمِلْحِ دَوَاءً مِنْ سَبْعِينَ دَاءً، أَهْوَنُهَا الْجُنُونُ وَالْجَذَامُ وَالْبَرَصُ وَ
وَجَعُ الْحَلْقِ وَالْأُضْرَاسِ وَوَجَعُ الْبَطْنِ.

- Al-Mahsān, vol. 2, p. 425, hadith 2490 (from Imam Sadiq, peace be upon him).

- Bihar al-Anwar, vol. 66, p. 398, hadith 21.

Cupping(Hijama)



The Prophet Muhammad (peace be upon him and his family) said:

"Whoever performs cupping on the seventeenth, nineteenth, or twenty-first of the month, it will be a cure for all the ailments of the year and also a remedy for headaches, toothaches, madness, leprosy, and vitiligo."

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ: مَنْ احْتَجَمَ يَوْمَ الثَّلَاثِ لِسَبْعِ عَشْرَةٍ أَوْ تِسْعِ عَشْرَةٍ أَوْ لِإِحْدَى وَعِشْرِينَ مِنَ الشَّهْرِ، كَانَتْ لَهُ شِفَاءٌ مِنْ كُلِّ دَاءٍ مِنْ أَدْوَاءِ السَّنَةِ كُلِّهَا، وَكَانَتْ لَهَا سِوَى ذَلِكَ شِفَاءٌ مِنَ الْجَعِ الرَّأْسِ وَالْأَضْرَاسِ وَالْجُنُونِ وَالْجُدَامِ وَالْبَرَصِ.

Sources:

- Al-Khassal, p. 385, hadith 68 (from Abu Sa'id al-Khudri).
- Bihar al-Anwar, vol. 59, p. 38, hadith 6

Gul Khatmi(Hollyhocks)



Imam al-Sadiq (peace be upon him) said:
"Washing the head with khatmi (Hollyhocks)
every Friday is a protection against leprosy and
madness."

قَالَ سَيِّدُنَا وَمَوْلَانَا الْإِمَامُ الصَّادِقُ صَلَوَاتُ اللَّهِ عَلَيْهِ: غَسْلُ الرَّأْسِ بِالْخَطْمِيِّ فِي كُلِّ جُمُعَةٍ؛
أَمَانٌ مِنَ الْبَرَصِ، وَالْجُنُونِ.

Sources:

- Al-Kafi, vol. 3, p. 418, hadith 10; vol. 6, p. 504, hadith 2.
- Tahdhib al-Ahkam, vol. 3, p. 236, hadith 624.
- Kitab Man La Yahduruhu al-Faqih, vol. 1, p. 124, hadith 290.
- Makarim al-Akhlaq, vol. 1, p. 142, hadith 363.
- Bihar al-Anwar, vol. 76, p. 87, hadith 8

Senna Leaves

Imam al-Sadiq (peace be upon him) said: "If people knew the benefits of sena (senna), they would value every mithqal of it as much as two mithqals of gold! Indeed, it is a protection against vitiligo, leprosy, leprosy, madness, paralysis, and facial paralysis. It should be taken with seedless red raisins, and mixed with equal parts of halileh (a type of medicinal herb), yellow, and black. It should be taken on an empty stomach, about three dirhams worth, and also taken in the same amount before going to bed.

This is the best of all medicines."

قَالَ سَيِّدُنَا وَمَوْلَانَا الْإِمَامُ الصَّادِقُ صَلَوَاتُ اللَّهِ عَلَيْهِ: لَوْ عَلِمَ النَّاسُ مَا فِي السَّنَا لَبَكَّغُوا كُلَّ
مِثْقَالٍ مِنْهُ بِمِثْقَالَيْنِ مِنْ ذَهَبٍ! أَمَّا إِنَّهُ أَمَانٌ مِنَ الْبَهَقِ وَالْبَرَصِ وَالْجُذَامِ وَالْجُنُونِ وَالْفَالَجِ
وَاللَّقْوَةِ... وَيُؤْخَذُ مَعَ الزَّبِيبِ الْأَحْمَرِ الَّذِي لَا نَوَى لَهُ، وَيُجْعَلُ مَعَهُ هَلِيلَجٌ كَابُلِيٌّ وَأَصْفَرٌ وَ
أَسْوَدٌ أَجْزَاءً سَوَاءً، يُؤْخَذُ عَلَى الرَّيْقِ مِقْدَارُ ثَلَاثَةِ دَرَاهِمَ، وَإِذَا أُؤَيَّتَ إِلَى فِرَاشِكَ مِثْلُهُ، وَهُوَ
سَيِّدُ الْأَدْوِيَةِ.

Sources:

- Makarim al-Akhlaq, vol. 1, p. 409, hadith 1387.

- Bihar al-Anwar, vol. 62, p. 218, hadith 3

Imam al-Sadiq (peace be upon him) said: "A woman may be rejected for four reasons: leprosy, leprosy, madness, and qaran (horn), which is 'afal (a type of deformity) as long as it has not yet affected her. But if it has affected her, then she will not be rejected."

قَالَ سَيِّدُنَا وَمَوْلَانَا الْإِمَامُ الصَّادِقُ صَلَوَاتُ اللَّهِ عَلَيْهِ: الْمَرَأَةُ تُرَدُّ مِنْ أَرْبَعَةِ أَشْيَاءَ: مِنَ الْبَرَصِ، وَالْجُذَامِ، وَالْجُنُونِ، وَالْقَرَنِ وَهُوَ الْعَقْلُ مَا لَمْ يَقْعَ عَلَيْهَا، فَإِذَا وَقَعَ عَلَيْهَا فَلَا.

Sources:

- Al-Kafi, vol. 5, p. 409, hadith 16.

- Tahdhib al-Ahkam, vol. 7, p. 427, hadith 1703.

- Kitab Man La Yahduruhu al-Faqih, vol. 3, p. 432 (where it reads "and the horn and the 'afal").

Imam al-Ridha (peace be upon him) said: "Intercourse after intercourse without performing a ritual purification between them causes madness in the child."

قَالَ سَيِّدُنَا وَمَوْلَانَا الْإِمَامُ الرِّضَا صَلَوَاتُ اللَّهِ عَلَيْهِ: الْجِمَاعُ بَعْدَ الْجِمَاعِ مِنْ غَيْرِ أَنْ يَكُونَ بَيْنَهُمَا غُسْلٌ، يُوْرَثُ لِلْوَلَدِ الْجُنُونُ

Sources:

- Tibb al-Imam al-Ridha (peace be upon him), p. 28.

- Bihar al-Anwar, vol. 62, p. 321 (where it reads "... without an interval between them with a ritual purification").

Imam Ali (peace be upon him) was asked about sexual intercourse and said: "It is a shame that is removed, and private parts come together. It is most similar to madness. Persistence in it brings old age, and leaving it brings regret. Its lawful fruit is a child; if the child lives, he brings trial, and if he dies, he brings sorrow."

سَيِّدُنَا وَمَوْلَانَا الْإِمَامُ عَلِيُّ صَلَوَاتُ اللَّهِ عَلَيْهِ لَمَّا سُئِلَ عَنِ الْجِمَاعِ قَالَ: حَيَاءٌ يَرْتَفِعُ، وَعَوْرَاتٌ تَجْتَمِعُ، أَشْبَهُ شَيْءٍ بِالْجُنُونِ، الْإِصْرَارُ عَلَيْهِ هَرَمٌ، وَالْإِفَاقَةُ مِنْهُ نَدَمٌ، ثَمَرُهُ حَلَالٌ لِلْوَلَدِ؛ إِنْ عَاشَ فَتَنٌ، وَإِنْ مَاتَ حَزَنٌ.

Sources:

- Gharar al-Hikam, hadith 4943.

- Uyun al-Hikam wa al-Mawa'idh, p. 234, hadith 4493.

Khajoor Barni



Imam al-Sadiq (peace be upon him) said: "The delegation of Abd al-Qays came to the Messenger of Allah (peace be upon him and his family). They placed a basket of dates before him.

The Messenger of Allah (peace be upon him and his family) asked: 'Is it a charity or a gift?'

They replied: 'It is a gift.'

The Prophet (peace be upon him and his family) then asked:
'What type of dates are these?'

They said: 'O Messenger of Allah, they are Barni dates.'

He said: 'This is Gabriel informing me that in your dates there are nine qualities: they drive away Satan, strengthen the back, increase sexual potency, improve hearing and vision, bring one closer to Allah, distance one from Satan, aid digestion, alleviate pain, and freshen the breath.'"

قَالَ سَيِّدُنَا وَمَوْلَانَا الْإِمَامُ الصَّادِقُ صَلَوَاتُ اللَّهِ عَلَيْهِ: إِنَّ وَفَدَ عَبْدُ الْقَيْسِ قَدِمُوا عَلَى رَسُولِ
اللَّهِ صَلَوَاتُ اللَّهِ عَلَيْهِ وَآلِهِ. قَالَ: فَوَضَعُوا بَيْنَ يَدَيْهِ جُلَّةَ تَمَرٍ
فَقَالَ رَسُولُ اللَّهِ صَلَوَاتُ اللَّهِ عَلَيْهِ وَآلِهِ: أَصَدَقَهُ أَمْ هَدِيَّةٌ؟
قَالُوا: بَلْ هَدِيَّةٌ.

فَقَالَ النَّبِيُّ صَلَوَاتُ اللَّهِ عَلَيْهِ وَآلِهِ: أُمِّي تَمَرَاتِكُمْ هَذِهِ؟
قَالُوا: هُوَ الْبَرَنِيُّ يَا رَسُولَ اللَّهِ.

فَقَالَ: هَذَا جَبْرَائِيلُ يُخْبِرُنِي أَنَّ فِي تَمَرَاتِكُمْ هَذِهِ تِسْعَ خِصَالٍ: تُخَبِّلُ الشَّيْطَانَ، وَتُقَوِّي الظَّهَرَ،
وَتَزِيدُ فِي الْجَامَعَةِ، وَتَزِيدُ فِي السَّمْعِ وَالْبَصَرِ، وَتُقَرِّبُ مِنَ اللَّهِ، وَتُبَاعِدُ عَنِ الشَّيْطَانِ، وَ
تَهْضِمُ الطَّعَامَ، وَتَذْهَبُ بِالْدَّاءِ، وَتُطَيِّبُ النِّكَهَةَ.

Sources:

- Al-Kafi, vol. 1, p. 76, hadith 37 and vol. 2, p. 344, hadith 2188, both narrated by al-Husayn ibn al-'Awan.
- Al-Khisal, p. 416, hadith 8, narrated by Imam al-Sadiq (peace be upon him) from Imam Ali (peace be upon him).
- Makarim al-Akhlaq, vol. 1, p. 366, hadith 1207.
- Mishkat al-Anwar, p. 262, hadith 777.
- Bihar al-Anwar, vol. 66, p. 128, hadith 11.

Schizophrenia

Pomegranate

Imam Ali as said: "In each seed of pomegranate, when it settles in the stomach, there is vitality for the heart and light for the soul, and it makes the devil's whispers ill for forty nights."

This is from "Al-Khisal," page 636, hadith 10, narrated by Abu Basir and Muhammad ibn Muslim; "Teb al-A'immah," page 134, narrated by Ismail ibn Jaber (with "quariz" instead of "tamarid" and "morning" instead of "night"), and both are from Imam Sadiq (peace be upon him) and his ancestors. Also referenced in "Bihar al-Anwar," volume 66, page 156, hadith 8.



Our master, Imam Ali (peace be upon him), said: "In each seed of pomegranate, when it settles in the stomach, it provides life for the heart and illumination for the soul, and it makes the devil's whispers ill for forty nights."

الإمام عليّ صلوات الله عليه: في كلّ حَبِّهِ مِنَ الرُّمَّانِ إِذَا اسْتَقَرَّتْ فِي الْمَعِدَةِ حَيَاةٌ لِلْقَلْبِ، وَإِنَارَةٌ لِلنَّفْسِ، وَتُمْرُضُ وَسْوَاسَ الشَّيْطَانِ أَرْبَعِينَ لَيْلَةً.

الخصال، ص 636، ح 10 عن أبي بصير و محمد بن مسلم، طب الأئمة صلوات الله عليهم
لابن بسطام، ص 134 عن إسماعيل بن جابر وفيه تقرض بدل «تمرض» و «صباحا»
بدل «ليله» وكلاهما عن الإمام الصادق عن آبائه صلوات الله عليهم، بحار الأنوار، ج 66،
ص 156، ح 8.

Imam Sadiq (peace be upon him) said: "Whoever eats a seed of pomegranate will make the whispering devil ill for forty days."

This is from "Al-Kafi," volume 6, page 353, hadith 8, and "Al-Mahasin," volume 2, page 356, hadith 2233 (with "morning" instead of "day"), both narrated by Mansour ibn Hazim, and also referenced in "Bihar al-Anwar," volume 66, page 160, hadith 28.

Our master, Imam Sadiq (peace be upon him), said: "Whoever eats a seed of pomegranate, that single seed will make the whispering devil ill for forty days."

الإمام الصادق صَلَوَاتُ اللَّهِ عَلَيْهِ: مَنْ أَكَلَ حَبَّةً مِنْ رُمَّانٍ، أَمَرَضَتْ شَيْطَانَ الْوَسْوَسةِ أَرْبَعِينَ يَوْمًا.

الكافي، ج 6، ص 353، ح 8، البحاسن، ج 2، ص 356، ح 2233 وفيه «صباحاً» بدل «يوماً» وكلاهما عن منصور بن حازم، بحار الأنوار، ج 66، ص 160، ح 28

Imam Kazim (peace be upon him) said: "Whoever eats a pomegranate on Friday while fasting will illuminate his heart for forty mornings. If he eats two pomegranates, it will last for eighty days; if he eats three, it will last for one hundred and twenty days, and the whispers of Satan will be driven away from him. Whoever has the whispers of Satan driven away from him will not disobey Allah, and whoever does not disobey Allah will be admitted into Paradise."

This is from "Al-Kafi," volume 6, page 355, hadith 16; "Al-Mahasin," volume 2, page 358, hadith 2244, both narrated by Ziyad ibn Marwan; "Makarim al-Akhlaq," volume 1, page 370, hadith 1222, narrated by Imam Sadiq from his father and from Ali ibn al-Husayn (peace be upon them); and also referenced in "Bihar al-Anwar," volume 66, page 162, hadith 39.

Arabic:

الإمام الكاظم صَلَوَاتُ اللَّهِ عَلَيْهِ: مَنْ أَكَلَ رُمَّانَةً يَوْمَ الْجُمُعَةِ عَلَى الرِّيقِ تَوَرَّتْ قَلْبُهُ أَرْبَعِينَ صَبَاحًا، فَإِنْ أَكَلَ رُمَّانَتَيْنِ فَثَمَانِينَ يَوْمًا، فَإِنْ أَكَلَ ثَلَاثًا فَمِئَةً وَعِشْرِينَ يَوْمًا وَطُرِدَتْ عَنْهُ وَسْوَسةُ الشَّيْطَانِ، وَمَنْ طُرِدَتْ عَنْهُ وَسْوَسةُ الشَّيْطَانِ لَمْ يَعِصِ اللَّهَ عِزَّ وَجَلَّ، وَمَنْ لَمْ يَعِصِ اللَّهَ أَدْخَلَهُ اللَّهُ الْجَنَّةَ.

الكافي، ج 6، ص 355، ح 16، المحاسن، ج 2، ص 358، ح 2244 كلاهما عن زياد بن مروان، مكارم الأخلاق، ج 1، ص 370، ح 1222 عن الإمام الصادق عن أبيه عن علي بن الحسين صلوات الله عليهم، بحار الأنوار، ج 66، ص 162، ح 39

Miswak

مسواك



Imam Sadiq (peace be upon him) said: "You should use the miswak, for it removes the whispers of the heart."

This is from "Al-Amali" by Al-Tusi, page 667, hadith 1396, narrated by Abu Ghundar, and also referenced in "Bihar al-Anwar," volume 76, page 139, hadith 52.

Our master, Imam Sadiq (peace be upon him), said: "عَلَيْكُمْ

بِالسَّوَاكِ؛ فَإِنَّهُ يُذْهِبُ وَسْوَةَ الصَّدْرِ

خضاب

The Messenger of Allah (peace be upon him and his family) said: "Spending one dirham on hair dyeing is better than spending one dirham in the way of Allah. Hair dyeing has

fourteen benefits: it removes odor from the ears, clears the vision, enhances the brightness of the eyes, softens the nasal passages, improves the smell of the mouth, strengthens the gums, eliminates fainting, reduces the whispers of Satan, makes the angels happy, pleases the believer, angers the disbeliever, is a beautification, is a fragrance, provides protection in the grave, and makes Munkar and Nakir shy."

This is from "Al-Kafi," volume 6, page 482, hadith 12; "Man La Yahduruhu al-Faqih," volume 1, page 123, hadith 285 and volume 4, page 369; "Al-Khisal," page 497, hadith 1; and "Bihar al-Anwar," volume 76, page 97, hadith 2.

Arabic:

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ: نَفَقَةُ دِرْهَمٍ فِي الْخِضَابِ أَفْضَلُ مِنْ نَفَقَةِ دِرْهَمٍ فِي سَبِيلِ اللَّهِ، إِنَّ فِيهِ أَرْبَعَ عَشْرَةَ خَصْلَةً: يَطْرُدُ الرِّيحَ مِنَ الْأَذْنَيْنِ، وَيَجْلُو الْغِشَاءَ عَنِ الْبَصَرِ، وَيُلَيِّنُ الْخِيَاشِيمَ، وَيُطَيِّبُ النَّكْهَةَ، وَيَشُدُّ اللَّثَّةَ، وَيَذْهَبُ بِالْغَشْيَانِ، وَيُقَلِّلُ وَسْوَسةَ الشَّيْطَانِ، وَتَفْرَحُ بِهِ الْمَلَائِكَةُ، وَيَسْتَبْشِرُ بِهِ الْمُؤْمِنُ، وَيَغِيظُ بِهِ الْكَافِرُ، وَهُوَ زِينَةٌ، وَهُوَ طِيبٌ، وَبَرَاءَةٌ فِي قَبْرِهِ، وَيَسْتَحْيِي مِنْهُ مُنْكَرٌ وَنَكِيرٌ.

Narcissus گل نرگس



قال رسول الله صلوات الله عليه وآله: شُبُّوا النَّرَجِسَ وَلَوْ فِي الْيَوْمِ مَرَّةً، وَلَوْ فِي الْإِسْبُوعِ مَرَّةً، وَ
لَوْ فِي الشَّهْرِ مَرَّةً، وَلَوْ فِي السَّنَةِ مَرَّةً، وَلَوْ فِي الدَّهْرِ مَرَّةً؛ فَإِنَّ فِي الْقَلْبِ حَبَّةً مِنَ الْجُنُونِ وَ
الْجُذَامِ وَالْبَرَصِ وَشَيْءٌ يَدْفَعُهَا.

طبّ النبيّ صلوات الله عليه وآله، ص 10، بحار الأنوار، ج 62، ص 299

The Prophet Muhammad (peace and blessings be upon him and his family) said: "Smell the narcissus, even if only once a day, once a week, once a month, once a year, or even once in a lifetime; for in the heart, there is a seed of madness, leprosy, and vitiligo, and smelling the narcissus drives it away."

Schizophrenia and Paranoia

Factors in Schizophrenia

The following can exacerbate, trigger, contribute to, or mimic schizophrenia:

familial vulnerability

stress

chemical toxicity

heavy metal toxicity

food allergies

intestinal dysbiosis sensitivity to food additives

nutritional deficiencies/ imbalances neurotransmitter
deficiencies or dysfunction structural factors

viruses

hypoglycemia

hormonal imbalances

medical conditions

medications

street drugs

caffeine, alcohol, and nicotine lack of sleep

lack of exercise

energy imbalances psychospiritual issues

Stress

The effects of chronic stress are also important to consider. Chronic stress wreaks havoc on the body, mind, and spirit and creates a vicious circle. On the physical level, stress drains nutrients and lowers immunity. The nutritional deficiencies result in compromised neurochemistry in the brain, which in turn reduces the body's ability to cope with stress. Lowered immunity also reduces the stress-coping capacity and opens the body to the development of disease. In addition, it creates disturbances in the energy system of the body, which affects all levels of functioning.

People who develop schizophrenia may be compromised when it comes to coping with stressors of all kinds, meaning all environmental influences that place stress on the system, from obstetric complications to viruses or toxins." What a nonschizophrenic might experience as a normal level of stress might be high stress for a person with a predisposition for schizophrenia.

This is a strong argument for reducing the amount of stress in your life, whether through avoidance of known stressful situations, making changes in your circumstances or lifestyle, and/or practicing relaxation techniques. Attending to the rest of the factors in this chapter can significantly reduce your stress load as well

Vitamins and Minerals

As you can see from the list of psychological and emotional symptoms of deficiency in the accompanying sidebar, the vitamin B family is essential for mental health. The link between B vitamins and the mind is clear in the disease called pellagra, which mimics schizophrenia and is caused by a deficiency of vitamin B3 (niacin). This disease was common in the 1930s before the advent of vitamin-enriched bread."

Based on the clinical experience of the practitioners in this book, the most common vitamin deficiencies associated with schizophrenia are vitamin B3 (niacin/niacinamide), vitamin B6 (pyridoxine), B12 (cobalamin), and folic acid (a member of the

vitamin B family), all of which are vital to neurotransmitter function. Biochemical researcher William Walsh, Ph.D., has found that a genetic disorder, which causes severe deficiency in both vitamin B, and zinc, can be a factor in schizophrenia (see chapter 4).

Psychological/Emotional Effects of Vitamin Deficiencies

The following are psychological/emotional symptoms that can result from deficiencies in vitamin C and the B-complex vitamin family.

Deficient Vitamin and Resulting Behavior:

- Ascorbic acid (vitamin C): Hysteria, confusion, depression, lassitude, hypochondriasis
- Biotin: Depression, extreme lassitude, somnolence
- Folic acid: Insomnia, irritability, forgetfulness, depression, apathy, delirium, dementia, psychosis
- Vitamin B₁ (thiamin): Apathy, anxiety, irritability, depression, memory loss, personality changes, emotional instability
- Vitamin B₂ (riboflavin): Depression, insomnia, mental sluggishness
- Vitamin B₃ (niacin/niacinamide): Apathy, anxiety, depression, mania, hyperirritability, emotional instability, memory and concentration problems
- Vitamin B₅ (pantothenic acid): Restlessness, irritability, fatigue, depression, quarrelsomeness

- Vitamin B₆ (pyridoxine): Irritability, nervousness, insomnia, poor dream recall, depression
- Vitamin B₁₂ (cobalamin): Mood swings, depression, irritability, confusion, memory loss, hallucinations, delusions, paranoia, psychotic states

Vitamin C is also essential for neurotransmitter function.

Research findings indicate a relationship between vitamin C and schizophrenia:

1. Blood levels of vitamin C are often low in schizophrenics.
2. Schizophrenics reach vitamin C saturation at levels 12 to 16 times higher than non-schizophrenics, similar to those suffering from scurvy (vitamin C deficiency).
3. Populations with low vitamin C intake have a higher incidence of schizophrenia compared to those with higher intake.

Minerals:

- Zinc is most often deficient, while manganese and magnesium are also important, especially for those with schizophrenia.
- Magnesium enhances vitamin B₆ activity and, when taken as a supplement, helps prevent deficiencies that may arise from high doses of vitamin B₆.

Diet and Lifestyle Considerations:

- Poor diet and malabsorption due to gastrointestinal dysfunction contribute to nutritional deficiencies.

- The depletion of mineral content in soil results in food with lower mineral content than what was historically available.
- Modern lifestyle factors deplete vitamins and minerals, even with a healthy diet. These factors include stress, smoking, alcohol, caffeine, pollution, and heavy metals like mercury in dental fillings.

Recommended Daily Allowance (RDA):

- The RDA is designed for the average person to prevent nutritional deficiencies. However, individual needs vary widely, and the level of deficiency the RDA aims to avoid is severe.
- Nutritional systems can begin to fail before RDA-level deficiencies are evident.
- Relying solely on RDA guidelines might leave individuals with moderate nutritional deficiencies, particularly in those with higher needs, such as individuals with schizophrenia.

Effective Measures for Improving and Treating Schizophrenia and Paranoia

1. Regular consumption of pumpkin: If cooked with sugar cane, its effect is enhanced.
2. Grated red apple with honey: Consumed on an empty stomach in the morning.

3. Daily intake of 21 raisins.
4. One teaspoon of asphodel: Consumed on an empty stomach in the morning and at bedtime for 40 consecutive days without interruption. After each 40-day period, consume senna and honey decoction for 3 to 7 days on an empty stomach.
5. Duration: This regimen can be continued for 3 to 10 months.
6. Cupping therapy: After each 40-day period of asphodel consumption, perform general cupping up to 3 sessions, followed by head cupping.
7. Bloodletting: Including the phlebotomy of the right and left hands and the phlebotomy of the cephalic vein, with the advice of a skilled physician, is effective in recovery.
8. Satan's place in the blood: Complete treatment requires proper blood expulsion through cupping and phlebotomy.
9. Violet oil with sesame base: Dripped into the nose every night. After 14 days, snuff can be used to clear brain vapors.
10. Pennyroyal vinegar decoction: Dripped into the nose every night or at the beginning, middle, and end of the lunar month.
11. Maryam's (peace be upon her) steam: Highly effective for this condition.
12. Chamomile and honey decoction.
13. Basil decoction with honey or consuming basil herb with food.

14. Replace white sugar with sugar cane.
15. Reduce liquids: Consume hot water with dates whenever thirsty to enhance treatment. Excessive water intake may slow the healing process or hinder it.
16. Oiling the head: With sweet almond oil, applied by another person.
17. Thick decoction of spikenard, lemon balm, cardamom, and rose: Three small cups daily for two months.
18. Combination of one part grape vinegar and three parts olive oil: Taken after each meal.
19. Use of warm perfumes: Such as narcissus and jasmine.
20. Rose water spray: Applied before sleep.
21. Daily incense: Burning asphodel and frankincense.
22. Regular consumption of quince.
23. Pennyroyal powder with honey: Prepared as pills and consumed 2 tablespoons daily.

"Anxiety, Depression, and Stress diet plan."

A diet plan to help manage depression, stress, and anxiety involves incorporating foods rich in vitamins, minerals, and other nutrients that support brain health and overall well-being. Here's a guide to a diet plan that includes essential nutrients

and their natural sources, along with specific foods that can be beneficial:

Omega-3 Fatty Acids

- Benefits: Omega-3s support brain health, reduce inflammation, and are linked to lower levels of depression.
- Sources: Fatty fish (such as salmon, mackerel, sardines), flaxseeds, chia seeds, walnuts.

B Vitamins

- Benefits: B vitamins, especially B6, B12, and folate, are crucial for brain function and mood regulation.
- Sources: Leafy greens (spinach, kale, beetroot leaves), legumes (beans, lentils), eggs, poultry, fortified cereals.

Magnesium

- Benefits: Magnesium plays a role in regulating stress and mood by influencing neurotransmitters.
- Sources: Dark leafy greens, nuts (almonds, cashews), seeds (pumpkin, sunflower, purslane), whole grains, avocado.

Vitamin D

- Benefits: Low levels of vitamin D have been associated with depression. It helps regulate mood and ward off depression.
- Sources: Sunlight exposure, fortified foods (milk, cereals), fatty fish (salmon, tuna), eggs.

Antioxidants (Vitamins C and E)

- Benefits: Antioxidants protect the brain from oxidative stress, which can contribute to depression and anxiety.
- Sources: Berries (strawberries, blueberries), citrus fruits, pomegranate, grapes, raisins, bell peppers, broccoli, nuts, and seeds.

Zinc

- Benefits: Zinc is linked to improved mood and cognitive function.
- Sources: Meat, shellfish, legumes, seeds, nuts, dairy, pumpkin seeds.

Probiotics

- Benefits: A healthy gut is connected to a healthy mind. Probiotics support gut health, which in turn affects mood and stress levels.
- Sources: Yogurt, kefir, sauerkraut, kimchi, kombucha.

Tryptophan

- Benefits: Tryptophan is an amino acid that helps produce serotonin, a neurotransmitter that regulates mood.
- Sources: Turkey, eggs, cheese, nuts, seeds, tofu, salmon.

Complex Carbohydrates

- Benefits: Complex carbs can increase the availability of tryptophan, helping to boost serotonin levels.
- Sources: Whole grains (oats, brown rice, quinoa), sweet potatoes, legumes, apples, celery.

Hydration

- Benefits: Staying hydrated is essential for cognitive function and mood.
- Sources: Water, herbal teas, water-rich fruits and vegetables (cucumbers, watermelon).

Quince

- Benefits: Quince is rich in antioxidants and fiber, which can support digestive health and overall well-being.
- Sources: Fresh quince fruit, quince jam.

Pomegranate

- Benefits: Pomegranate is high in antioxidants and has anti-inflammatory properties, which can help reduce stress.
- Sources: Fresh pomegranate seeds, pomegranate juice.

Basil

- Benefits: Basil has calming properties and can help reduce stress and anxiety.
- Sources: Fresh basil leaves, basil tea.

Harmal

- Benefits: Harmal (*Peganum harmala*) is traditionally used for its potential calming and mood-enhancing effects.
- Sources: Seeds of the harmal plant.

Miswak

- Benefits: Miswak, or chewing sticks, are traditionally used for oral hygiene, and good oral health can contribute to overall well-being.
- Sources: Sticks from the *Salvadora persica* tree.

Salt

- Benefits: Sodium is essential in small amounts for nerve function, but excessive salt intake should be avoided to prevent negative effects on health.
- Sources: Natural sea salt, Himalayan salt.

Pumpkin

- Benefits: Pumpkin is rich in fiber, vitamins, and minerals, supporting overall health.
- Sources: Pumpkin flesh, pumpkin seeds.

Beetroot Leaves

- Benefits: Beetroot leaves are rich in vitamins and minerals, supporting overall health and mood.

- Sources: Fresh beetroot leaves, cooked in salads or as a side dish.

Sample Daily Diet Plan:

- **Breakfast:** Oatmeal topped with walnuts, chia seeds, and blueberries. A glass of fortified orange juice. A fresh apple.
- **Snack:** Greek yogurt with a handful of mixed nuts and some raisins.
- **Lunch:** Grilled salmon with a side of quinoa, steamed broccoli, and a pomegranate salad.
- **Snack:** A quince fruit or a small portion of dark chocolate.
- **Dinner:** A spinach and beetroot leaves salad with avocado, chickpeas, and grilled chicken, dressed with olive oil and lemon. A few slices of fresh celery.
- **Snack:** Herbal tea (like chamomile or basil tea) with a slice of whole-grain toast and almond butter.

Additional Tips:

- **Regular Meals:** Avoid skipping meals to maintain stable blood sugar levels, which can impact mood.
- **Limit Processed Foods:** Reduce intake of processed foods, sugar, and caffeine, which can negatively affect mood.
- **Mindful Eating:** Eat mindfully, focusing on the textures, flavors, and smells of your food to help reduce stress.



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